

The ABC's of Eucharistic Adoration

No one likes an awkward conversation, especially the kind when you don't know what to say or how to say what you want to say. Like conversation, personal prayer involves two people conversing, God and the person praying. Like an awkward conversation, prayer is often avoided because one does not know what to say or what to do. This is especially true in Eucharistic adoration. The first step in overcoming this dilemma is knowing that one can talk to Jesus like one would any other person. He is the second *person* of the Trinity! And, Jesus is not only God but is also man—he is *personable* to say the least! The second step is to realize that Jesus is already talking to you and always speaking to your heart. Unlike talking to another person, we do not have to worry about coming up with a conversation starter with our Lord! Therefore, all that a Catholic needs to do when going to Eucharistic adoration is to have an open heart and a “conversation guide”. The ten steps below can serve as this guide. Hopefully, these steps will be as helpful to you as they were to the confirmation candidates who tried them this past weekend.

1. Before taking your seat, it is customary to kneel down on both knees and make the sign of the cross. However, genuflecting (kneeling one knee and making the sign of the cross) or simply bowing your head (if you are not able to kneel) are also appropriate. These gestures are an outward sign that you recognize that Jesus is truly and entirely present in the Eucharist before you.
 2. To begin your time of prayer/conversation, make the Sign of the Cross with love. *In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*
 3. Close your eyes and ask the Holy Spirit and Our Lady to help you to forget all of your worries so that you can think of Jesus.
 4. Imagine your favorite picture of Jesus. Tell Jesus you love Him. If you are distracted, repeat His Name until the distractions go away.
 5. When you are calm, thank Jesus for His blessings. Be specific (my family, my health, etc.).
 6. Ask His forgiveness for the ways you have disappointed Him since you last prayed. Be specific (I took part in gossip, I've been envious of others, I was impatient with someone, etc.).
 7. If you have a question or you need help with something, tell Him now. Expect Him to give you an answer. When you have told Jesus what is on your mind and in your heart, be still.
 8. Be quiet with Jesus. Keep your favorite picture of Him in your mind. Do not talk to Him anymore. Just be with Him, love Him, and listen to Him. If you begin to have thoughts about something that you asked Him about, write them down or at least pay close attention to them.
 9. If Jesus puts a thought in your mind to do something good, do it! The more we follow God's direction in little things, the more we will learn to trust Him in the bigger things.
 10. Thank Jesus for being with you. Ask Him to bless you as you go about your day.
 11. Expect God to speak to you during the day—through other people, through nature, through your thoughts, through all of your experiences. Remember that there is no such thing as a coincidence for the person of faith. God is everywhere, and He is always speaking to us if we would only listen and learn to recognize the many ways He uses to communicate with us.
- Note:** If while you are listening to God, you find it impossible to concentrate, do what so many saints have done over the centuries: take the Bible, open it to any part of the Gospel, and read what it says. Keep reading until something strikes you or catches your attention. Then stop and think about that part. God will often speak directly to you through that passage.

+All for+

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* sections of this article were taken from the Apostolate for Family Consecration's "10 Steps to Mental Prayer"